



# 'FLIP' THE SCRIPT ON BAD FOODS

GUILTY PLEASURES GET HEALTHY MAKEOVERS. PAGE 16

# metro

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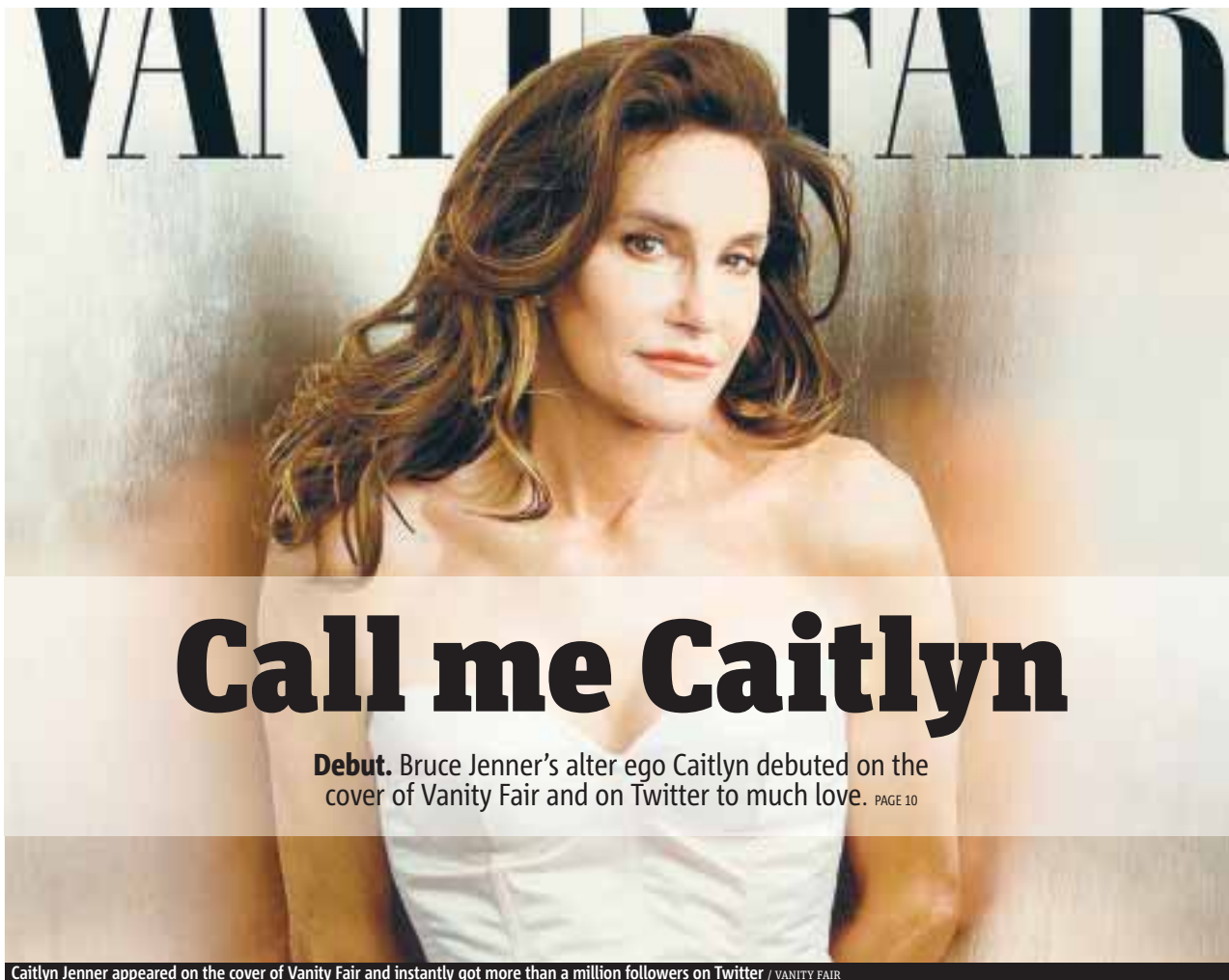
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## Call me Caitlyn

**Debut.** Bruce Jenner's alter ego Caitlyn debuted on the cover of Vanity Fair and on Twitter to much love. PAGE 10

Caitlyn Jenner appeared on the cover of Vanity Fair and instantly got more than a million followers on Twitter / VANITY FAIR

### Lt. Gov. takes on campus sex assault

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# 1 NEWS

Top 3

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1 'Confederate flags fly in Camden for music fest'

2 'New study finds 6 percent of people have severe tattoo allergies'

3 'Daybreaker: The 6 a.m. rave that could be a cult'



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# Daybreaker: The 6 a.m. rave that could be a cult

**We tried it.** Metro reporter Matthew Lee went to a 6 a.m. dance party and survived to tell the tale.

"Namaste!" our yoga instructor yelled into her headset as house music simmered from the speakers around her.

It was 6:45 a.m., and I was sitting on a sticky basement floor of a nightclub with my legs crossed and my hands pressed together. I'd been up since 5 a.m. and was fighting off sleep for the last 45 minutes of a yoga session.

"Namaste," my classmates repeated.

"Now let's dance!" The instructor cheered into her mic, and just like that the music volume shot up and my morning dance party with Daybreaker began.

Daybreaker is a unique and aggressively millennial dance party that starts with a 6 a.m. yoga session that leads into two hours of dancing. It describes itself as "a morning movement that will start your day off unlike anything else."

Boy, were they right.

"Do not be afraid of the middle!" screamed our emcee, a fit young man who just emanated cool with his indoor sunglasses and tank top.

He welcomed us all and stirred the pot of chaos by making a circle on the dance floor and inviting awkward-looking dancer after awkward-



Daybreaker offered up yoga classes, a rave and a brass band! Read the full story online at Metro.us. / SARA WASSER, DAYBREAKER

looking dancer into the center with him.

"There is no judgment in this room," he said, as I rolled my eyes. The dancers seemed to take his words to heart, and flailed about to the wind of their soul — uninhibited and free. It seemed as though they had just been waiting on someone to give them permission.

Despite the lack of drugs and alcohol (that I could see) everyone was dancing like they were part of some hipster, Lulule-

mon-sponsored, Dionysian orgy. Was it shock that was powering them? Was there some kind of spell? Was the coffee really gasoline?

It was about 7:10 when I realized mid-twerk that, in terms of enjoying Daybreaker, I had peaked.

"I can't do this for two more hours. Especially sober," I grimaced at the thought. "Hell, I can barely make it to 1 a.m. when drunk."

I did my best, however, to match the enthusiasm of my fellow dancers, who

were growing in number and flooding the floor by the minute.

"This could be one of those body snatchers situations," I imagined as I examined the blank but joyous expressions of my fellow dancers. "I can't let them know that I don't belong..."

"Look at the guy in the red hat and gray sweater," I yelled into Stephanie's ear.

This dude, like many of the men at Daybreaker, had about as much rhythm as a potato chip at

a bar mitzvah. This dude, though, thoroughly believed he was killing it. He was doing his own straight-guy version of voguing, and that version was not pretty. But I suppose 95 percent of looking good (or just feeling good) is confidence.

"I hate him!" I yelled, while refusing to take my eyes off him.

"I LOVE HIM!" Stephanie yelled back as the beat dropped and the crowd went wild.

Throughout the two hours of dancing to non-stop, lyric-less, makes-you-want-take-an-Ativan music, a brass band appeared and made its way through the crowd while wailing with the cacophony. Shortly after, two costumed characters (a pear and a cherry dressed as a gladiator) materialized and joined the fray of bodies. It was sensory overload.

"I don't understand!" Stephanie cried out as we watched the giant pear dance up on a woman." But I don't think you're supposed to."

Stephanie and I spent a majority of the time half-dancing on the sidelines, taking in the chaos around us. I kept looking for the drugs and even considered jokingly going up to a stranger — much like the scene in "Cruel Intentions" — and with a quick poke to the side of my nose, asking if they had a bump hidden in a crucifix.

Y'know, just to see what would happen.



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## Hochul. Lt. Gov. takes stage fighting campus sex assault



Hochul / BESS ADLER

Lt. Gov. Kathy Hochul is stepping out of the shadows and hitting college pavements to promote the governor's efforts to require uniform policies for dealing with sexual assaults on campus.

With nine days left in the legislative session, Hochul is taking center stage when it comes to Gov. Andrew Cuomo's "Enough is Enough" campaign.

If passed, the legislation would extend SUNY's universal sexual assault policy — which requires that both parties give consent — to all colleges across the state.

So far, 11 private schools have voluntarily adopted the policy. Metro sat down with Hochul to discuss the problem of sexual assault.

She spoke of the

heartbreaking stories she'd heard from students who'd been raped or assaulted.

"Mary, it's not her real name, lives in Buffalo, said Hochul. She spoke about the fact that she had been assaulted two years earlier. She thought that she was at fault, she felt a lot of guilt. After the assault, she started really withdrawing. And she didn't ask for help, it affected her grades,

attitude, friendships.

"Finally, two months before she was graduating, she had the courage to come forward and speak at a forum, say what happened to her and say I don't want this to happen to anyone else.

"And I think the message is that we need to create an environment that people will talk about this." WENDY JOAN BIDDLECOMBE





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Playful

## Coffee tips

## Sleepy? Coffee is just part of the answer

Before reaching for that first magical cup of coffee, nutritionists say New Yorkers should take control of their buzz.

Samantha Heller, a nutritionist at NYU's Center for Musculoskeletal Care & Sports Performance



Coffee time / GETTY IMAGES

Center, says drinking coffee is not harmful in itself.

It's just about controlling the amount (the recommended amount is three to five 8-ounce cups a day) and what else goes into it (cream, sugar, syrup).

"If we look at the overall reality of caffeine consumption, particularly in the form of coffee, it doesn't seem to be doing

anybody a whole lot of harm when it's consumed in reasonable amounts," said Heller.

"We all tend to crash around 3 or 4 o'clock. That crash can be mitigated by (A) getting more sleep and (B) what we eat during the day."

But she said ultimately more sleep is the best solution.

NIDHI PRAKASH

# SI burger joint gets TV treatment



Standard Burger owner Sammy Lazoja (left) gets financial advice from Marcus Lemonis on CNBC's "The Profit." / CNBC

## Standard Burger.

The restaurant was a beacon during Sandy. Now, owner Joe Tranchina spills on starring on CNBC's "The Profit."

### Quoted

### On the right path

"We really do want to bring Standard Burger to the masses. We want to have a Standard Burger in every major city. With a partner like Marcus, we know that's possible now. I don't think it's going to happen overnight, but at least now we have the strategic partner to make that happen," Tranchina said.

Standard Burger was one of the few businesses in the Great Kills neighborhood on Staten Island left relatively untouched by Hurricane Sandy. Following the storm, the restaurant quickly became a center for the community to gather, collect donations and seek solace.

Despite becoming a beacon for the local community, Standard Burger suffered from mismanagement and a loss of clientele that followed the storm.

It was because of this that Joe Tranchina and his four business partners decided to turn to CNBC's reality show "The Profit" and its star, business mogul Marcus Lemonis, to turn things around.

Tranchina told Metro that he and his business partners learned a lot from the experience.

"We opened in September 2012, and ever since we opened we ran across obstacles, whether it was Hurricane Sandy that wiped out the neighborhood or financial woes because of the customer

base being depleted from Sandy," said Tranchina.

"We had been trying to get our restaurant to the next level, to try and have it become a household name. But because of all the hurdles that we had come across, we didn't have the financial stability to do that.

"Having Marcus come in, just for his business prowess alone, was really why we were contacting him. Also, we were kind of broken a little bit with what we had originally planned to accomplish and what we were actually accomplishing."

Read the full story online at Metro.us.



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## Transportation



Hudson Yards / MTA

## MTA boss says 7 train extension may open as late as October

The 7 train extension, which was originally slated to open at the end of 2013, may open as late as October this year, MTA Chairman Thomas Prendergast said Monday. The extension has

faced numerous setbacks, with the opening date delayed multiple times over the last year and a half.

When the work is completed, Queens commuters will be able to take the 7 train across to the west side of Manhattan, where a new station at 34th Street and 11th Avenue will be opened.

At a city council hearing, Prendergast responded

to pressure from Councilman Corey Johnson for an exact opening date for the extension by saying it will open "by September or October" of this year.

At the same hearing, he said the MTA's last-minute call for extra capital funding "could have been timed better" — which raised their request to the city from \$657 million to \$1.5 billion.

"I certainly understand we can't keep changing the numbers, as you say moving the goal posts," he told the committee hearing.

There is a \$14 billion gap in funding for the MTA's \$32 billion 2015-2019 Capital Plan.

Prendergast is also asking for additional funds from the state legislature.

WENDY JOAN BIDDLECOMBE

# City to probe houses for recovering drug addicts

## Investigation.

Mayor Bill de Blasio announced a special task force to inspect "three-quarters" housing.

The city will investigate conditions in housing for recovering addicts, after widespread abuse and poor living conditions were revealed in a New York Times exposé over the weekend.

Inspectors from several city agencies will inspect buildings with more than 10 unrelated adults, where the landlords are receiving payments from the city to house recovering addicts, the mayor said.

"We will not accept the use of illegally subdivided and overcrowded apartments to house vulnerable people in need of critical services," de Blasio said in a statement to The Times.

Recovering addicts were living in unsafe, overcrowded conditions, and in some cases being forced by landlords to relapse in order to continue drawing government benefits for building owners.

The homes are not quite halfway houses, and not quite permanent housing. But owners receive payments from the city's Human Resources



Bill de Blasio / GETTY IMAGES

Administration and the state's Office of Alcoholism and Substance Abuse Services.

There is currently little regulation of the homes — apart from Department of Buildings fines, which are not closely pursued by the city.

In one case, The New York Times found an addict who had achieved sobriety, only to be told by the owner of the building he lived in that he needed to relapse and enroll in a new program to hold onto his housing.

The owner, The Times found, was getting kickbacks for sending his tenants to rehab treatment programs, which receive Medicaid fees for each patient who attends.

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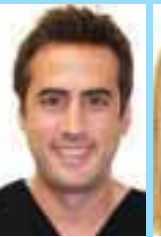
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# Senate lets NSA spy program lapse, at least for now

**In addition.** U.S. law enforcement and security agencies will lose authority to conduct other programs.



Sen. Debbie Stabenow and Sen. Charles Schumer / GETTY IMAGES

The legal authority for U.S. spy agencies' collection of Americans' phone records and other data expired at midnight on Sunday after the Senate failed to pass legislation extending the powers.

After debate pitting Americans' distrust of intrusive government against fears of terrorist attacks, the Senate voted to advance reform legislation that would replace the bulk phone records program revealed two years

ago by former National Security Agency contractor Edward Snowden.

Although the Senate did not act in time to keep the program from expiring, the vote was at least a partial victory for Democratic President Barack Obama, who had pushed for the reform measure as a compromise addressing privacy concerns while preserving

a tool to help protect the country from attack.

But final Senate passage was delayed until at least Tuesday by objections from Sen. Rand Paul, a libertarian Republican presidential hopeful who has fulminated against the NSA program as illegal and unconstitutional.

In addition, U.S. law enforcement and security agencies will lose authority to conduct other programs.

Those allow for using "roving wiretaps" aimed at terrorism suspects who use multiple disposable cellphones, permitting authorities to target "lone wolf" suspects with no connection to specific terrorist groups and making it easier to seize personal and business records of suspects and their associates.

REUTERS

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# Three things to know

### Year after crash, Tracy Morgan vows comeback

Tracy Morgan says his very last memory of the night he was nearly killed when a Wal-Mart truck rear-ended his limo is a happy one of the friend who didn't survive.

Through tears that sometimes seemed stained with survivor's guilt, Morgan said the only memories of the horrific accident on the New Jersey Turnpike that put him in a coma for weeks and through a year's worth of rehab are the ones seen in TV news coverage.

The last image from that night — exactly one year ago this coming Sunday — is his 62-year-old pal and mentor James McNair's victorious grin.

It was that smile that hits any artist when they know they've connected with their audience.

In a heart-tugging eight-minute interview with Today's Matt Lauer, Morgan broke down several times when discussing McNair.

"The last time I saw Jimmy, Jimmy wrote a joke for me. It was a Donald Sterling joke. I asked him to come with me the day before, and he said, 'I'll be there. I love you. Peace.' We went there, and we did the show, and I did the joke, and everybody got applause breaks. And I looked to the side, and I see Jimmy standing there laughing, and that was the last time I [saw] him alive."

He's working on returning to that Morgan, or a variation of him, one day at a time.

**JOHN A. OSWALD**  
**TRACY MORGAN**  
PETER KRAMER / TODAY SHOW

### Baltimore posts worst monthly murder toll since 1972

Baltimore recorded 43 murders in May, police said on Monday, the deadliest month in more than 40 years.

The Baltimore homicides were the most in any month since August 1972, when the city recorded 45 murders, according to police data. Three fatal shootings occurred on Sunday.

The city has tallied 116 murders so far this year, up from 81 in the same period in 2014, police said.

Black males made up most of the May murder victims in the majority African-American city.

**REUTERS**

### US top court backs Muslim denied job over headscarf

The U.S. Supreme Court ruled in favor of a Muslim woman who sued for discrimination after being denied a sales job at age 17 at an Abercrombie & Fitch store in Oklahoma because she wore a headscarf for religious reasons.

In an 8-1 decision in the important religious rights case, the court backed Samantha Elauf, who had been rejected under Abercrombie's sales staff "look policy" after coming to her job interview wearing the headscarf, or hijab, used by many Muslim women.

**REUTERS**

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# Caitlyn Jenner makes debut on cover of Vanity Fair

Caitlyn Jenner, formerly known as Bruce, has made her magazine cover debut on the July issue of Vanity Fair. Shot by famed photographer Annie Leibovitz, Caitlyn sits against a metallic background in a white single-piece bathing suit. It's a stunning debut. Caitlyn publicly announced her transition to womanhood in an emotional televised interview with Diane Sawyer, after months of media speculation. Jenner, who has been prominently featured as the patriarch on E! Entertainment's "Keeping Up with the Kardashians," will star in an E! documentary this July chronicling her new life as a woman. **MATT LEE, METRO**

Vanity Fair writes: "Meet Caitlyn Jenner, Vanity Fair's July cover star. Pulitzer Prize-winning contributing editor and author of Friday Night Lights Buzz Bissinger, who was given unfettered access to Jenner and her family, chronicles the tensions, traumas, and courage that shaped Caitlyn into the woman you see today. Annie Leibovitz shoots the first portraits of Caitlyn, which were taken in her Malibu home."

## Quoted

"Soon as the Vanity Fair cover comes out, I'm free."

Caitlyn Jenner said in a video promoting the Vanity Fair issue

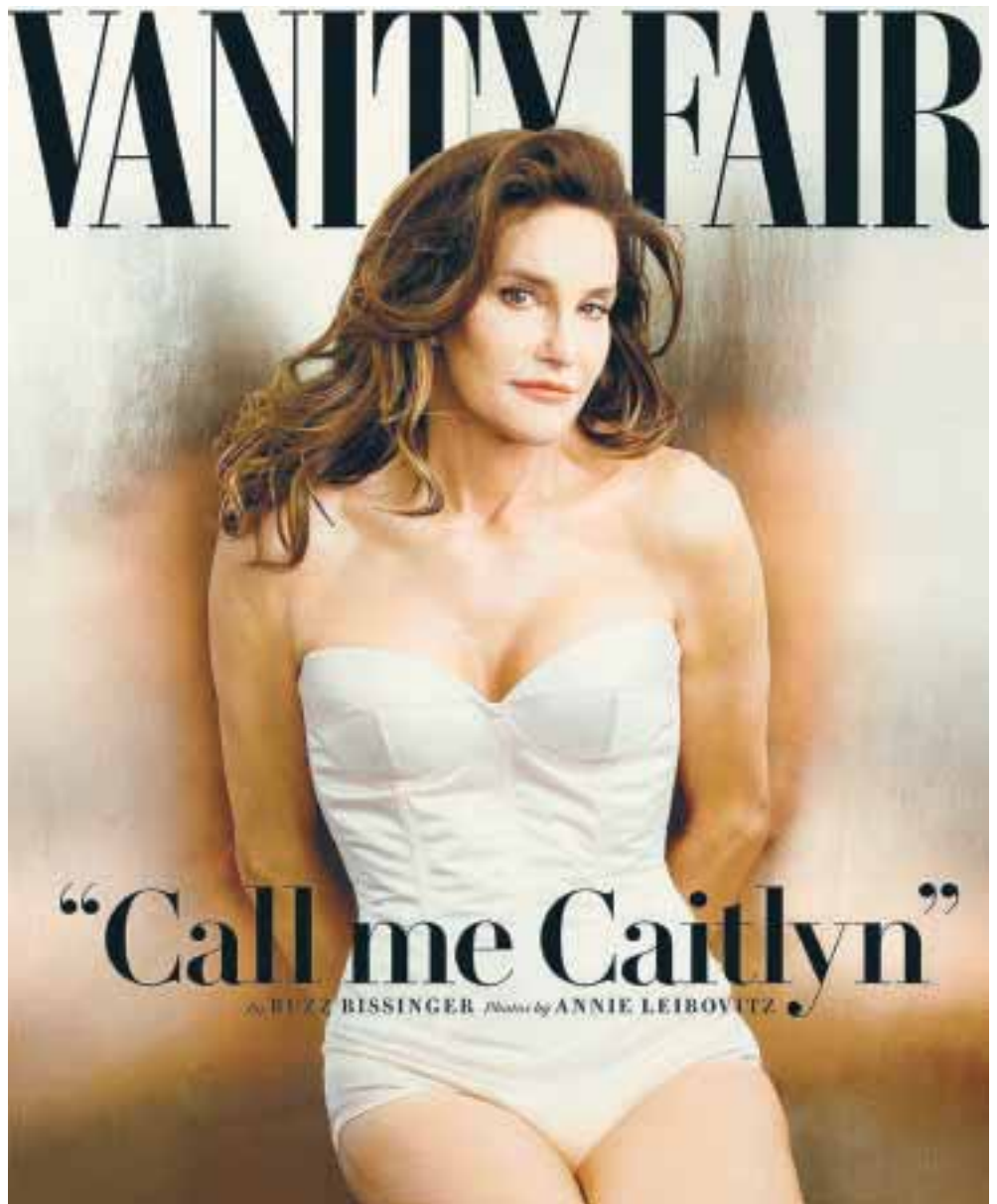
## Tweeted

"I'm so happy after such a long struggle to be living my true self. Welcome to the world Caitlyn. Can't wait for you to get to know her/me."

Caitlyn from her new twitter account



Jenner at the 1976 Olympic Games / GETTY IMAGES



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## Let's pick names for Kim Kardashian's next baby

Kim Kardashian and Kanye West are having another baby, and it's only partially to boost ratings for "Keeping Up With the Kardashians." Obviously, this is at least a little about giving toddler North a sibling to play with. Plus, now she'll have something Blue Ivy doesn't, so there. "We are so beyond excited," Kardashian tells Glamour. "If it all went away, and I was just a mom, I would love my life." I would love that, too, actually. Can we discuss that idea further?

Now, of course, comes the tough part: predicting the baby's name. Obviously the smart money is on South (if it's a boy) or Mid (if it's a girl), but since we have a bit of time before Kim's due, I thought I'd offer up some alternative ideas for what to dub Baby No. 2 by firing up the old Random Baby Name Generator one more time. I am, if nothing else, here to help.



ALL PHOTOS GETTY IMAGES

- East Meets
- Kim Jr.
- Selfie
- The Other North
- Hillary Rodham
- Baby™

What do you think? Got any better ideas? Let's hear them.

## George Clooney changes his tune on fatherhood

George Clooney finally — finally! — addressed that whole babies question that's been plaguing him at just about every stop on his "Tomorrowland" press tour. And the verdict? He and new bride Amal Clooney are totally up for having kids. Eventually. German newspaper Bild finally got him to talk —

they have ways, I'm told — asking quite directly if he and Amal were interested in starting a family. "Yes, but we're taking our time," George responded. Not to put too fine a point on it, but maybe if old Georgie had offered up this revelation prior to the film's release, "Tomorrowland" might've done better.



## The 'Fifty Shades of Grey' book you never asked for is coming

E.L. James announced that she's releasing a new version of the "Twilight"-inspired best-seller later this month that retells the story from Christian Grey's point of view. So, you know, "American Psycho," but with less murder. "Christian is a complex character," James says in a statement. "And readers have always been fascinated by his desires and motivations and his troubled past. Also, as



anyone who has ever been in a relationship knows, there are two sides to every story." We really should have seen this coming, honestly, since Stephenie Meyer did it with "Twilight" — retelling the story from Edward Cullen's perspective in "Midnight Sun" — and "Fifty Shades of Grey" has never shied away from how much it rips off that supernatural romance saga. I can't wait to not read it.

# 2

## CULTURE

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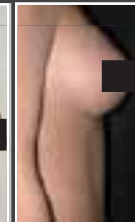
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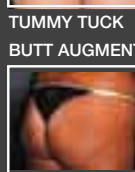
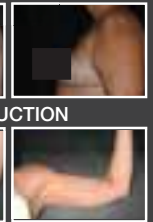
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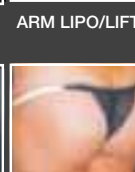
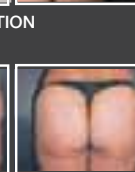
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# BATTLE SCENES AND NEW BFF TEAMS TAKE CENTER STAGE

A thrilling battle sequence and careful character work distinguish "Hardhome," the latest episode of "Game of Thrones."

## Episode MVPs

"Game of Thrones" has had mixed success with large-scale battles. The first time it tried one, in Season 2's "Blackwater," it succeeded by focusing more on the characters involved in the fighting than on the fighting itself. However, last year's "Watchers on the Walls" featured too much fighting and not enough reasons to care about it. The battle in "Hardhome" splits the difference, delivering a concentrated dose of action and staging it very inventively. The White Walkers have been a vaguely menacing presence on the show for seasons, and seeing Jon Snow and company desperately defend against their onslaught paid off all

## 'Thrones' on the Web

### WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at [Winteriscoming.net](http://Winteriscoming.net).

estly seemed to mark the beginning of a beautiful friendship rather than just coming across as fan service.

## Our watch for next week begins

While the final third of "Hardhome" was given over to the battle with the White Walkers, the rest caught us up with characters whose stories will come to a head in the next two weeks. Cersei Lannister remains in a dungeon after getting arrested in "The Gift," and Lena Headey is doing a wonderful job of making us feel for this often loathsome character as she adjusts to her new surroundings. Meanwhile, Sansa Stark picked up some valuable information she could use as a bargaining chip. With only two episodes to go, "Game of Thrones" seems determined to end Season 5 on a high note.

the buildup with gusto.

Although the battle scene alone was worth the price of admission, "Hardhome" did a lot of other things well, too. This episode featured the first conversations between Daenerys Targaryen and Tyrion Lannister, two major players who have been inching their way toward a meeting all year. Episode writers David Benioff and D.B. Weiss treated these scenes with the subtlety and depth they deserved. The conversations hon-

## New faces

### Casting rumors for next year

Although its legitimacy remains unconfirmed, a casting call sheet for Season 6 of "Game of

Thrones" recently surfaced online. Apparently, HBO is looking to cast a number of new roles, including that of "an infamous pirate ... with a touch of madness." This sounds like Euron

Greyjoy, an important character from the books fans had assumed was cut. If the casting call can be believed, Euron and the storylines he brings with him will show up next year.



This is very "Washington Crossing the Delaware" of them. / HELEN SLOAN, HBO

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# Lil Durk: Looking forward while looking back

## Interview.

The 22-year-old rapper picks himself back up after the recent death of his manager with the release of his debut album, "Remember My Name."

Right now, Lil Durk is straddling two worlds. The first is the world he grew up in, namely Chicago's Englewood neighborhood, well-known for gun violence as well as birthing heavy hitters in the rap game, including Durk's mentor Chief Keef.

The other world is the one Def Jam is handing to him on a silver platter after signing him in 2012. It's a world of watching Chicago Bulls games from a luxury box, playing big venues and never having to take out his wallet when ordering a drink.

## Surviving the struggle

After releasing six mix tapes, Durk's debut album "Remember My Name" is out today, a moment he tells us he's been working hard for. "I want the album to be about all of the people who struggled with me," he says. "I want everyone to understand the struggle and feel where I'm coming from. I want them to feel the music, track for track."



Lil Durk's album "Remember My Name" is out today. / PROVIDED

## Blood, sweat and bullets

In the year leading up to the album's release, Durk's cousin was shot and killed, not the first person he's lost to gun violence. Two months ago, his 24-year-old manager Uchenna Agina, known as Chino, was murdered after leaving an anti-violence event.

"You know how some people have diaries? The studio is my diary," Durk tells us. "I'm gonna let all my problems out in the studio. I'm going to let you know how I feel in the studio. My music is going to tell you how I feel." Throughout "Remember My Name," Durk pays homage to those

he's lost and says he welcomes any chance he gets to say their names.

## Present tense

Durk is open about his struggles, but he also owns up to his mistakes, namely getting arrested (twice) for gun possession. He's a father of three kids and has spoken openly in song and interviews about wanting to step up for them, especially considering his own father is serving a life sentence in prison.

Right now, Durk is living the hip-hop fairy tale. A Twitter exchange with Logic magically led to his single "Tryna' Tryna." He and Jeremih cut several tracks together including

"Like Me." This is his time. "I know what I gotta do to make this new world work," Durk says. "I know

I gotta work hard for a while to get to where I want to get to. ... But I can balance both worlds."



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# Cobie Smulders and Guy Pearce hit the gym

**Interview.** The stars of "Results" make fun of kettlebells and other fitness fads.

In the indie rom-com "Results," Cobie Smulders and Guy Pearce play fitness gurus, the former who gets involved with a slubish



Guy Pearce and Cobie Smulders get close in Andrew Bujalski's "Results." / MAGNOLIA PICTURES

customer (Kevin Corrigan). They're the first big-name actors to star in a film by Andrew Bujalski, the indie wunderkind of "Funny Ha Ha" and "Computer Chess," and for all involved, it was clearly a revelatory experience, even if, for Smulders and Pearce, it took them to the gym — a place they know very well.

**You'd both known Bujalski's work before you signed on. What was it about his films that drew you into his world, especially given that they tended to star friends?**

**GP:** I just really liked him. I think he's got a really interesting take on the universe. I want to work with that.

**CS:** Watching Andrew's older stuff, I thought we'd be making stuff up a lot and playing around. Maybe because Andrew worked so hard on the script — and listen, the script was so good — there wasn't that much that needed to be tweaked.

**Both of you have long experience with gyms.**

**GP:** It's a newish world for Andrew. He said he'd put on some weight a couple years ago, so he thought he'd try to get fit and lose some weight. He thought it was a fascinating world. But it

was also a new world for him. It was interesting to discuss what things have changed over the years, which he's only experiencing now.

**How has gym culture changed?**

**GP:** Well, they're fad-oriented, gyms. F—ing kettlebells are in now. Everyone is doing kettlebells now, and they all look like they're about to wrench their neck muscles. It looks horrendous. When I started going to gyms in '81 or '82, aerobics was huge. I don't see anyone doing aerobics now.

**CS:** No, but they're doing spin classes. I do SoulCycle a lot, and I had a friend who said, "Have you tried SoulCycle underwater?" I was like, "What are you saying to me right now?" It's like SoulCycle, but your bike and you are submerged. You're underwater and

## One more thing

**Cobie, though it's hard to tell, you actually made this film while you were pregnant.**

**CS:** I was full-on pregnant. I was five to six months pregnant. It was actually quite fine. I hit it at a good place in my pregnancy. I just kind of made it work. But in terms of the working part of the role, I definitely wasn't able to push myself to places I wanted to go. I just had to make sure it was all in a healthy way.

you're peddling so it's adding this resistance. I was like, "Come on." You have to constantly be changing if you're in the fitness business.

**GP:** With fitness, there's a big belief that all your answers are in there somewhere, for every problem you have in your life. People come out of relationships or difficult times or they don't know where they are in life, and they get obsessed with going to the gym — obsessed with fitness and with diets.

**CS:** It's all about control, too. In your life, the one thing you have some control over is how you look.



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# Gemma Arterton does a French twist



Gemma Arterton plays an unhappy wife in "Gemma Boveri," in theaters now. / MUSIC BOX FILMS

## Interview. The former Bond Girl goes Gallic for "Gemma Boveri."

With "Gemma Boveri," Gemma Arterton joins Kristin Scott Thomas on the list of English actors who can speak the native language of French movies. In the film, she plays an Englishwoman who moves to the south of France and attracts the attention of an academic-turned-baker (Fabrice Luchini), who finds her reminiscent of the hero of Gustave Flaubert's "Madame Bovary."

**Had you been looking to do a film in France?**  
No, it just came by chance. It really changed my life, this film. I didn't speak French before, and I was seduced by the fact that I'd have to learn French in a

very short amount of time. So I learned French, and now I speak fluent French. I moved over to Paris, and now I live between London and Paris. And I met my boyfriend, who's French. The whole thing is because of this movie. [Laughs]

### What method did you use to learn French so quickly?

I did this intensive two-week, really hard-core French course, where you stay in a family's house. I would have breakfast and dinner with them, and then do eight hours of one-on-one French lessons. When I went there, I didn't speak any French. When I left, I had enough in me to start speaking French to people.

**This is your second film based on a work by Posy Simmonds, who also did a twist on "Far From the Madding Crowd" called "Tamara Drewe." Both lead characters**

**in "Madding" and "Bovery" are proto-feminist icons, too.**  
I think Madame Bovary is much more provincial. She's definitely not as confident as Bathsheba [Everdene, from "Madding"]. She is rather banal, Madame Bovary. Toward the end, she finds who she is, and who she wants to be. She goes on many adventures to try and find that. That happens with a lot of young women. Do not get married young! [Laughs]



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## In praise of women

### Sorry, Hollywood

**You've done your share of big films, like "Quantum of Solace," though you've lately been doing smaller fare. It doesn't seem like there are too many interesting roles for women in Hollywood.**  
No, there's not. I mean, it's sad. And if there are, it's always going to go to the Oscar winner or the very, very famous person. But even those parts aren't

that interesting. [Laughs] The woman is usually the accessory. Every interview you read with a female director or a female actor, they're talking about that. It's only a matter of time before people put things into their own hands and do it themselves. Personally, I can get the most interesting part in the theater. Why can't I do that in film? In Ibsen and Shakespeare, most of the interesting parts are for women in their 40s. Why isn't that translating in cinema, in Hollywood?

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It can be a huge challenge to get someone, especially kids, to try a new food. What helped you branch out?

"Repetition is the key!," says Dinki. "But it can be hard to eat broccoli 30 times if you absolutely hate it. What I like to do is add vegetables to dishes people already love, like pizza and enchiladas. The vegetable isn't as assertive in these cases, and people then have the opportunity to get used to the flavor of a new vegetable in a more subtle way." Another tip: "Add lots of other flavors to things you don't like," says Dinki. "Steamed broccoli is not very good, but when you char it and finely chop it with roasted garlic, sour cream and chickpeas and fold it into a taco — now we're talking!"

"Junk Food Flip" premieres tonight at 9 on Food Network. PROVIDED

wellbeing

# How your food can love you back

MAKE HEALTHY YOUR NEW HAPPY

Nikki Dinki shares her tricks to making comfort food healthy on "Junk Food Flip."



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Not every foodie begins refining their gourmet palate before high school. Take Nikki Dinki, co-host of Food Network's new show, "Junk Food Flip." Until college, Dinki confesses to having the palate of a 2-year-old.

Growing up, she only ate three foods: cheese, bread and tomato sauce. But this also meant she mostly cooked for herself beginning at age 9, when her mother gave up

trying to force her to eat what she made the rest of their family. "I would spend the last couple periods of school thinking about what I wanted for dinner," Dinki recalls. "I didn't eat much variety back then, but I was still very food-focused."

Left to her own devices, she stopped trying new things entirely — which later made life in NYC problematic.

"It was difficult to go to restaurants with new friends or to go on a date, and it was embarrassing," she says. "So I decided to change it."

Fast-forward a few years and Dinki's tastes (and skills) have grown to inspire her new show, which follows her and co-host Bobby Deen (son of Paula, so he knows all about comfort food)

around the country to reimagine guilty pleasures into healthier options. But they don't just make up a recipe: After flipping dishes in popular restaurants, they then go head-to-head with the originals in a taste test, judged by the customers who love them.

We asked Dinki where we are going wrong with our favorite foods.

## Deep-frying

Dinki says you'd be shocked to know how many calories frying adds: "On one episode of 'Junk Food Flip,' the dish we flipped had a sprinkle of deep-fried bacon on top. The bacon alone added 600 calories — just for the garnish! Simply pan frying over deep frying can save you serious calories."

## Sneaky calories

"If an ingredient is going to have a lot of fat and calories, it should also be adding a lot of flavor," says Dinki. Instead of packing your tacos full of cheese, put it on top so it's the first thing to hit your tongue. "And use stronger cheeses so you don't have to use as much," she adds. And even if you think you're being good by using olive oil, remember that every tablespoon has 120 calories. If you're just using it to cook, keep it to a teaspoon, or use a cooking spray instead.

## Portion size

"Take a small portion of pasta — you know, the size you're 'supposed' to eat — and add vegetables to it," she says. "Vegeta-

bles are so low in calories that you can add as many as you want and not even count them." Top off your frozen pizza with veggies before baking or saute them separately and add



them to frozen meals after they come out of the microwave. Not only will you be adding nutrition, but these smaller portions will suddenly be huge!

## Meat as the star

Dinki's approach to food is right in the title of her upcoming cookbook: "Meat on the Side." "To allow veggies to take center stage on the plate, you have to manipulate them and do things that maybe most people have never thought of before," she says. She likes to add ancho chili powder and chipotle to sweet potatoes, broccoli and spaghetti squash and "make killer tacos." And instead of coleslaw, she uses cabbage in grilled cheese sandwiches or in place of chips for nachos.



# Antagonists are personal trainers for the mind

Does the same type of character keep showing up in your life and pushing your buttons? These people may look nothing alike, but they keep presenting you with more or less the same frustrations and issues. Or perhaps there's a negative situation you keep finding yourself struggling with: picking up the slack and getting no credit, dating high-maintenance women or neglectful men. Why do the same things keep appearing in your storyline?

In my new book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," out now, I recommend looking at life as a narrative and exploring it through writing. And every good story needs conflict to move it along, right? While we may not like or appreciate antagonists, they play an instrumental role in shaping our plotlines and our character. Think of them as personal trainers who push us beyond our perceived limitations to develop our flabby, underutilized emotional muscles.

Of course, no one ever consciously desires antagonists or conflict. Most of us will go out of our way to avoid them. However, in the world of novels and film,



Recognize obstacles, whether people or situations, as opportunities to move your story forward. **ISTOCK**

not only do we expect conflicts, but we also recognize that they are important to our development.

## Learn to find the positive

Instead of thinking of antagonists as obstacles, learn to see the positive character traits they helped develop in you. For example, a successful executive with a history of being judgmental about the less fortunate may,

upon losing his job, find himself developing a greater degree of compassion. Similarly, a newly divorced woman who took a passive role in her relationship with an alcoholic spouse may need to become assertive to move forward in life and secure the welfare of her children.

## Embrace opportunities to change

Every protagonist has a character arc, a particular way they mature and develop in response to the shifting tides of their story. At the outset, the protagonist possesses certain viewpoints and capabilities that have gotten them by. Inevitably, situations arise that challenge these perspectives or demand skills they don't yet possess, thus creating the main conflict. Ultimately, the protagonist faces an opportunity to change in some way. The degree to which you embrace this challenge, or try

## Once Upon a Couch

**KIM SCHNEIDERMAN, MSW, LCSW**  
STEPOUTOFOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.



to avoid it, determines who you become — for better or worse.

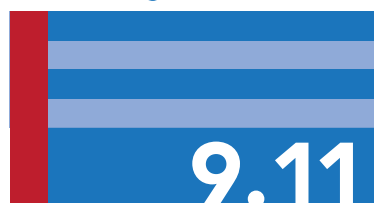
## Give yourself credit

Recognize the subtle events that help shape your character, such as facing a fear, changing an attitude or kicking a bad habit. While this is not necessarily how society traditionally measures success — when was the last time you bumped into a friend who announced, "Great news! Yesterday, I conquered my need for my boss's approval, and today I didn't scream at my son when he accidentally spilled milk all over the floor!"

— for psychotherapists (and writers), these kinds of changes mark meaningful progress in someone's lifelong development, whether that person is a client or an imagined character.

Once we accept that our antagonists and problems have something valuable to teach us, we can begin to mine the gems of the situation — whether or not our story unfolds to our liking. Suddenly, responding to conflict with anger and resentment or, alternatively, with introspection and empowerment, becomes a conscious choice, transforming our personal narrative into a hero's story.

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## What do you love about summer?

"What's not to love? It takes two seconds to get dressed in the morning, and you don't even have to bend down to put your shoes on — just slip on flip-flops, and you're good to go. Convertibles are almost like enlightenment. The farm stands are glistening with local fruits and vegetables, even though chocolate is our main food group. I know dermatologists will cringe, but I love the feel of strong sun on my skin. The light in the Hamptons is always beautiful, but summer evenings are surreally beautiful. Our four kids, ages 19-24, come home for at least some of the summer. We're so happy to have the house full and loud."

# A rocky journey to yogi bliss



Colleen Saidman Yee has come an om way. PROVIDED



Your summer vacation is one of her busiest times of the year (and that's after she and her husband, fellow celebrity yogi Rodney Yee, had traveled from Labor Day to Memorial Day). But if anything, classes are less hectic at her Yoga Shanti studio. Students settle in for hour-and-a-half sessions instead of rushing to and from class. For July and August, Yee throws open the doors and windows to let the energy flow in and stress float away on the breeze.

Beyond her studio, we asked Yee about her favorite places to unwind, recharge and reconnect away from the city.

**When you're seeking inspiration:** "I go to Lifestyle, a beautiful clothing store in Sag Harbor. Rodney goes to Jack's Stir Brew Coffee in Amagansett. But our main inspiration comes from the late-night clerk at King Kullen; we have had many 'A-ha!' moments during 2 a.m. runs for kombucha and Noosa yogurt."

**When you want to relax and refocus:** "Our batteries get recharged by being in our own backyard — me with a huge cup of strong black tea in my hand and Rodney with a cappuccino in his. We have a big stone Shiva statue on the patio that we stare at as we watch our breath and listen to the birds — and call it meditation."



**For a healthy and satisfying meal:** "Breadzilla, Estia's, La Fondita and Hampton Chutney — all great for vegetarians like us. These are mainly lunch places; we rarely go out for dinner. Our dinners consist of peanut butter and avocados while standing around our kitchen counter."

**For a refreshing drink on the go:** "The new and improved Provisions, or Juicy Naam — our usual is a blueberry, banana, cocoa nibs and coconut water smoothie."

ering of more than 10,000 yogis in Times Square on June 21, or at her studio in the Hamptons — hey, you have to relax to keep up all that partying, right?

## Colleen Saidman Yee has a new book — and your healthy Hamptons guide.



EVA KIS  
@thisiskis  
eva.kis@metro.us

Most of us walk an imperfect path through life. But even when things really veer off course, in the end it's all about how we react and learn from our experiences.

Many fans of superstar yogi Colleen Saidman Yee will be surprised by the revelations of her own struggles on the way to spiritual and physical wellness detailed in her new book, "Yoga for Life: A Journey to Inner Peace and Freedom," out

today. In it, Yee opens up about her early rebellious years — overcoming a heroin habit, launching a modeling career — and personal tragedies, eventually emerging as a globally respected teacher and activist.

"We are often shackled by past experiences or the anticipation of future ones," Yee says about allowing yourself to let go of what's holding you back. "Remorse and expectation don't allow you to live in the present moment, and if you're not alive in the present moment, then you're wasting a valuable life — your own. Life becomes a blur."

The "freedom" in the subtitle is about "waking up and being alert to what is happening now, whether it's full of beauty or full of sadness," she says. "Freedom is being present to the full spectrum of humanity, and not running from it, or covering it up, which I did for a large part of my life."

Part memoir, part workout guide, Yee's book is about applying the principles of yoga to live in a more balanced way.

"Yoga can bring you to that doorway by helping to clear out the body and mind. After that, it's up to you," she says. "If you want to do the work, walk through the door and reclaim your life."

Besides on bookshelves, New Yorkers can also find Yee in person this summer at Solstice, a gath-

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## Horoscope

**♊ Gemini | May 22-June 20**  
Don't reuse ineffective methods when it comes to chasing your dreams. Make sure everyone knows you have something to offer.

**♋ Cancer | June 21-July 22**  
Your resiliency will be tested. Keep your emotions in check. An issue that began under difficult circumstances will turn.

**♌ Leo | July 23-Aug. 22**  
Be bold. Demonstrate your talent to your superiors. Your attention to detail will make the difference between what you offer and the services of a rival.

**♍ Virgo | Aug. 23-Sept. 22**  
Don't listen to critics. Trying to please everyone is pointless. Get together with friends who share your ideas and ethics.

**♎ Libra | Sept. 23-Oct. 22**  
The insight of a casual acquaintance will provide the catalyst for a new career path. Seek out the opinions of those with experience.

**♏ Scorpio | Oct. 23-Nov. 21**  
Concentrate on working alongside your allies and supporters. Don't waste time on skeptics. You and yours will make headway if you stick together.

**♐ Sagittarius | Nov. 22-Dec. 21**  
Don't make rash decisions. Take your emotions out of the equation and assess your situation honestly. You can still succeed.

**♑ Capricorn | Dec. 22-Jan. 20**  
Someone you trusted will let you down. Rehashing the situation won't change matters; it will only postpone the inevitable.

**♒ Aquarius | Jan. 21-Feb. 18**  
Carve out a comfortable niche for yourself and your family. You don't have to spend a lot of money. A safe environment is a refuge during unsettling times.

**♓ Pisces | Feb. 19-March 20**  
Make the truth a priority. Reneging on a promise will cause a major disruption to an important relationship.

**♈ Aries | March 21-April 20**  
Romance is in the stars. Your vivid imagination will be yearning for a new adventure. This is the right time to go exploring for the happiness you desire.

**♉ Taurus | April 21-May 21**  
You can outmaneuver the competition if you produce instead of dispute. A war of words will waste time and keep you from finalizing plans. **EUGENIA LAST**

## Letters to the editor

## Women deserve strong characters

**Re: 'Blogger should get her facts straight' (Metro, June 1)** I can understand Ms. Arroyo's confusion. As I have been collecting comics since the early '60s, I can follow her logic. Unfortunately, she is completely wrong. To start with, the Ms. Marvel referred to in the previous article is Kamala Khan, a relatively new addition to the Marvel Universe, appearing for the first time in "Captain Marvel" issue 17, Nov. 2013. The Captain Marvel in that comic had previously been called Ms. Marvel since "Marvel Super Heroes" issue 13, March 1968. Several women have had

the name Captain Marvel, and the first in Marvel comics was Captain Marvel, a Kree warrior.

As to the Black Widow not being popular, that is also completely wrong. She is so popular after the first "Avengers" movie, she has her own title. The main argument with the toys is that she was the one on the motorcycle. Captain America was on one in the beginning of the movie and also in the "Avengers" and "Winter Soldier" movies. The argument is that she was the most recent one and to release a toy with him on it, set for the "Avengers 2" movie, is a slap to Black Widow. I happen to agree. Women want and should have strong characters to look up to, and here is a perfect character. She is human, flawed and looking for redemption.

**BRIAN GRAU, VIA EMAIL**

## Sudoku: Easy and hard

	3			5			7	
	8		1	3		6		
			7			5	9	
	2			1				7
		3	4		7	2		
8				6				5
	1	8			5			
		7		9	6		1	
	5			4				2

			6					2
	1	4			2	6		
			4		3	8		7
		1	9				5	
		3	2		6	1		
	8				1	2		
1		9	5		8			
		8	7			5	4	
6				4				

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

- 1 Smooth-tongued
- 5 Author Horatio —
- 10 Every
- 14 Viking letter
- 15 Mantle teammate
- 16 Slugger Moises —
- 17 Woofs
- 18 January, in Jalisco
- 19 Cloudburst
- 20 Handwriting
- 22 Pouncing
- 24 Cast a shadow
- 25 Wine or root —
- 26 Emerald Isle
- 28 Kind of relief
- 32 — there?
- 35 Bleachers shout
- 37 Border town (2 wds.)
- 38 Friction easer
- 39 Sedaris' medium
- 41 Fishtail
- 42 Causes havoc
- 45 Stretchy bandage
- 46 Tureen
- 47 Asian capital
- 48 Whodunit terrier
- 50 — up (got ready)
- 54 Classic song
- 58 Was a sunbird
- 61 Keepsakes
- 62 Sleuth's find
- 63 Duplicitous

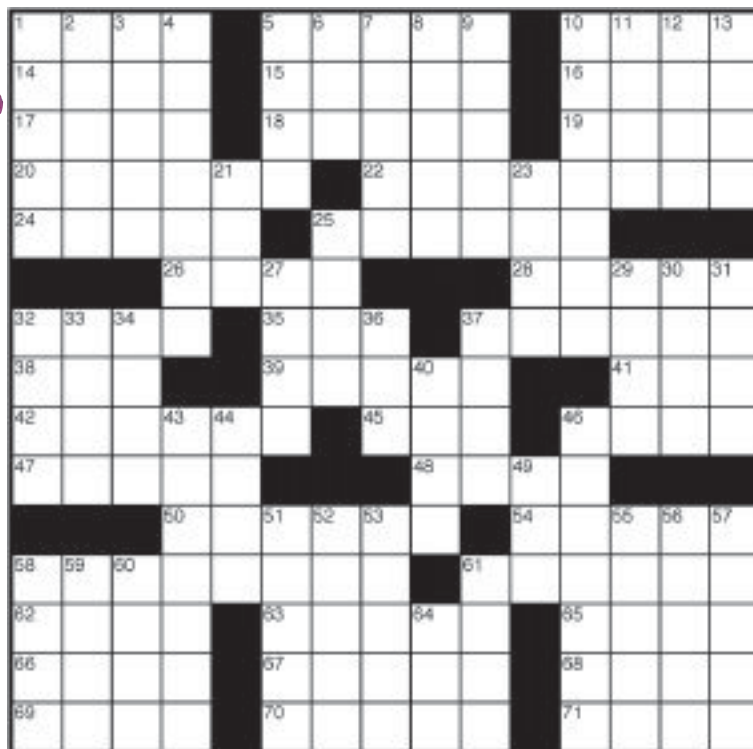
## Down

- 65 Med sch. subject
- 66 Before long
- 67 Grouchy Muppet
- 68 Three squared
- 69 Scream and shout
- 70 Wyoming range
- 71 Hook's henchman
- 1 Lawn planting
- 2 Stagger suddenly
- 3 Opposite of "supra"
- 4 Moreover
- 5 Foster a felon
- 6 Writer — Deighton
- 7 Diving bird
- 8 Flynn of old movies
- 9 Cult classic "Eating —"
- 10 Pendant jewelry
- 11 Jai —
- 12 Mint product
- 13 Like some juries
- 21 Canadian prov.
- 23 Table salt
- 25 High notes
- 27 Blended whiskeys
- 29 "Hold the —!"
- 30 What "vidi" means (2 wds.)
- 31 Monk's hood
- 32 Happy shouts
- 33 Charter
- 34 Low-fat spread



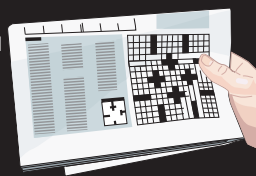
- 36 Stiff — board
- 37 Potato buds
- 40 Mil. school
- 43 Increase
- 44 Swiss painter
- Paul —
- 46 Nations of SE Europe
- 49 Excessively
- 51 Tech talk
- 52 Wear hand-me-downs
- 53 Mandate
- 55 Tough fabric
- 56 Really stupid
- 57 Ms. Lauder
- 58 Blemish
- 59 Humerus neighbor
- 60 Unstable lepton
- 61 Gull cousin
- 64 Philosopher — -tzu

## Yesterday's answer



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# 3

## SPORTS



NFL

### Giants punter OK after crash

Giants punter Steve Weatherford was in tears at Giants OTAs Monday, saying he was "very fortunate to be alive" following a car crash on a soaked New Jersey Turnpike. Weatherford had been in San Diego to see his newborn child. He wanted to fly into Newark but all flights were canceled and he was rerouted to Washington. He rented a car to get to practice Monday but at 3:30 a.m. he ran "into a massive body of water." He hydroplaned, slammed into a median and "got blasted in the face with air bags." He said his rental car was totaled but he walked away without a scratch.



Visit [Metro.us](http://Metro.us) to see video of Kevin Durant's 'weed drop' in Los Angeles.

# Today's home run kings just can't catch a break

**MLB.** New York is home to two of the best home run hitters in baseball, but skepticism reigns supreme.

The steroid era in baseball is — on the surface — over. From 1998 to 2006, MLB players hit a total of at least 5,000 home runs per season. In 2007 and 2008 the total dipped below 5,000 before jumping back up to 5,042 in 2009. Since then, the number has remained below 5,000 per year with an average of 4,690 dingers in a season from 2010-2014.

The repercussions from the 'roid days are certainly still being heard in the court of public opinion as whenever a hitter goes on a home run streak, the steroid cat calls are sure to follow. Yankees slugger Mark Teixeira already has 14 home runs so far this season, and at age 35, he's a prime candidate for juicing accusations. This is especially true considering he hit just 22 dingers last season and just 24 in 2012 (he played in just 15 games in 2013 due to injury).

With all that said, can't a guy



Mark Teixeira has 14 home runs so far in 2015. / GETTY IMAGES



LUCAS DUDA  
GETTY IMAGES

just get hot anymore?

Babe Ruth was still having 40-plus home run seasons in his mid-30s. Ted Williams had one of his best years at 38. Aside from a handful of conspiracy theorists, those guys weren't on steroids. Players are capable of having big years late in their careers.

The sports world has become so paranoid

### Bash stepbrothers

Mark Teixeira and Lucas Duda are both mashing the ball early in 2015.

- Both Teixeira and Duda have their teams in contention, as the Yankees (26-25) are tied for first place in the AL East and the Mets (28-23) are a game and a half behind Washington in the NL East.

about steroids that even a relatively young player like Mets first baseman Lucas Duda had some raising their brows when his home run total jumped from 15 to 30 last year. Duda is on pace to get to 30 again this season as he is mashing the ball, owning a .298 batting average with nine homers.

MATT BURKE  
@Burke\_Metro  
sports@metro.us

NFL

### Jets' Bowles has always been a leader

It was a play that personified Todd Bowles and his time at Temple, where the now New York Jets head coach was a collegiate star safety for the then resurgent Owls.

Bowles was a redshirt junior in 1984, playing in a cast due to an arm injury suffered earlier that season. He was still on the field — no one was able to convince him not to play — essentially tackling and

making plays with his one arm. This against a Florida State team that at that time was one of the best in nation and would finish the season with a 7-3-2 mark. Temple was just starting to come back as a program, under now Arizona Cardinals head coach Bruce Arians, and they had high hopes that season. The Seminoles were going to be a big test and Bowles as well as his teammates knew it. In years past, they'd probably be blown out of this game.

On one particular play, Bowles had the assign-



Todd Bowles was a standout safety during his playing days. GETTY IMAGES

ment of Florida State's running back, a player who college teammate David Donald called "a really fast guy, maybe the fastest player on the field." The play was a pass to the running back and Bowles, blessed with tremendous instincts, closed in on the player.

He deflected the pass with his arm — the one in the cast — to break up the play. Teammates on the sideline cringed as they watched the play, knowing the overwhelming pain that a hard thrown football to a broken arm must have

caused.

"If he had both hands he'd probably have an interception," Donald said.

Whether it was high school football in Elizabeth, New Jersey or at Temple or during his NFL career, those who know Bowles and were around him refer to Bowles the player as the "quarterback of the defense." He had head coach qualities back then.

Now head coach of the Jets, Bowles brings that mentality and approach to a franchise begging for direction. KRISTIAN DYER



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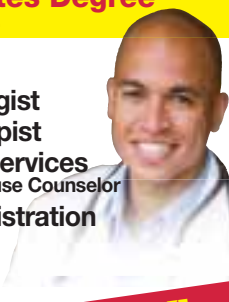
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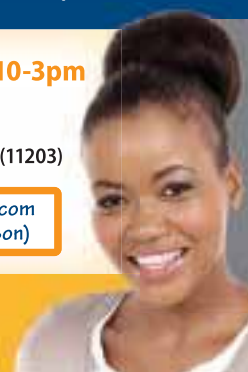
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State of NY (SSNY) on April 22,  
2015. Office location: Kings  
County. SSNY designated as  
agent of LLC upon whom  
process against it may be  
served. SSNY shall mail process  
to: the LLC c/o Tasia  
Benoit, 1802 E. 51st Street,  
Brooklyn, NY 11234. Purpose:  
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the undersigned to sell beer & wine  
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Alcoholic Beverage Control Law at  
2172 86th St Brooklyn NY 11214  
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Ross MD LLC. Articles of  
Organization filed with Secy. of  
State of NY (SSNY) on February  
26, 2015. Office location: New  
York County. SSNY designated  
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to: The LLC, 19 Stoneyside  
Drive, Larchmont, NY 10538.  
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